

This listing of claims will replace all prior versions, and listing of claims in the application:

**Listing of claims:**

Claim 1 (currently amended) Cereal based food product having a water activity between 0.2 and 0.4 and comprising at least one encapsulated component chosen from the group consisting of DHA and/or EPA and citrus flavour.

Claim 2 (currently amended) Cereal based food product according to claim 1 comprising an wherein an effective amount of DHA that does not exceed 2174 mg per 100 g food product; ~~preferably does not exceed 1739 mg/100 g, and most preferably does not exceed 1304 mg~~ DHA/100 g food product.

Claim 3 (currently amended) Cereal based food product according to claim 1 ~~or claim 2~~ wherein the citrus flavour is present in an amount ~~varying~~ between 0.01 and 0.20 wt %.

Claim 4 (currently amended) Cereal based food product according to claim 3 1 wherein the citrus flavour is present in an amount ~~varying~~ between 0.10 and 0.15 wt %.

Claim 5 (currently amended) Cereal based food product according to claim 3 1 wherein the citrus flavour is present in an amount of 0.13 wt %.

Claim 6 (currently amended) Cereal based food product according to ~~one of claims claim 1 to 5~~ wherein the citrus flavour is chosen from the group consisting of among orange, lemon, ~~or~~ grapefruit, and mixtures ~~or a mixture~~ thereof.

Claim 7 (currently amended) Cereal based food product according to ~~one of claims claim 1 to 6~~ having a water activity between 0.28 and 0.38; ~~preferably a water activity of 0.33.~~

Claim 8 (currently amended) Cereal based food product according to ~~any preceeding~~ claim 1 further comprising at least one component selected from the group consisting of glycerol, honey, prebiotics, probiotics, antioxidants, and oxygen absorber.

Claim 9 (currently amended) Cereal based food product according to ~~any preceeding~~ claim 1 wherein the food product is in a shape selected from the group consisting of shaped as a stick, a cake, a macaroon, ~~is~~ muesli-like, flakes, ~~or~~ and a bar.

Claim 10 (currently amended) Packaged food product comprising a package including a cereal based food product having a water activity between 0.2 and 0.4 and

comprising at least one encapsulated component chosen from the group consisting of DHA and EPA and citrus flavour according to one of claims 1 to 10 under a modified atmosphere.

Claim 11 (original) Packaged food according to claim 11 wherein the modified atmosphere contains less than 0.5% volume of molecular oxygen.

Claim 12 (currently amended) Process for making a cereal food product ~~according to one of claims 1 to 9~~ comprising the steps of

(1) preparing a cereal mix by mixing cereals, encapsulated DHA and/or EPA and a first portion of citrus flavours,

(2) preparing a binder including a second portion of citrus flavours,

(3) mixing the product obtained under (1) and the product obtained under (2) to obtain ~~the~~ a cereal food product having a water activity of between 0.2 and 0.4,

maintaining the temperature throughout the whole process so that it does not never exceeding exceed 80°C.

Claim 13 (currently amended) Process according to claim 13 wherein the temperature throughout the ~~whole~~ process does not exceed 50°C.

Claim 14 (currently amended) A method of providing nutrition to Use of a cereal based food product according to any of claims 1 to 9 wherein the cereal based food product comprises DHA and is intended for pregnant and/or lactating women comprising the step of administering a cereal based food product having a water activity between 0.2 and 0.4 and comprising at least one encapsulated component chosen from the group consisting of DHA and EPA and citrus flavour including DHA to the women.

Claim 15 (currently amended) A method of preventing Use of a cereal based food product according to any of claims 1 to 9 wherein the cereal based food product comprises EPA and prevents cardio-vascular diseases comprising the step of administering to an individual at risk of cardio-vascular disease a cereal based food product having a water activity between 0.2 and 0.4 and comprising at least one encapsulated component chosen from the group consisting of DHA and EPA and citrus flavour including EPA.

Claim 16 (new) Cereal based food product according to claim 1 wherein the amount of DHA does not exceed 1739 mg/100 g.

Claim 17 (new)      Cereal based product according to claim 1 wherein the DHA does not exceed 1304 mg DHA/100 g food product.

Claim 18 (new)      Cereal based food product according to claim 1 having a water activity of 0.33.

Claim 19 (new)      Method according to claim 14 comprising an amount of DHA that does not exceed 2174 mg per 100 g product.

Claim 20 (new)      Method according to claim 15 comprising an amount of DHA that does not exceed 2174 mg per 100 g product.

Claim 21 (new)      Method according to claim 14 wherein the citrus flavour is present in an amount between 0.01 and 0.20 wt %.

Claim 22 (new)      Method according to claim 15 wherein the citrus flavour is present in an amount between 0.01 and 0.29 wt %.

Claim 23 (new)      Method according to claim 14 wherein the citrus flavour is present in an amount between 0.10 and 0.15 wt %.

Claim 24 (new)      Method according to claim 15 wherein the citrus flavour is present in an amount between 0.10 and 0.15 wt %.